



## Low Carb Dessert Recipes 2

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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*Please refer to my website for the nutritional counts for these recipes.*

## CREAM CHEESE CLOUDS

8 ounces cream cheese, softened  
1/2 cup unsalted butter, softened  
Sweetener equal to 3/4 cup sugar  
1/2 teaspoon vanilla or other flavoring

Beat everything with an electric mixer until fluffy. Drop by bite-size spoonfuls onto a wax paper-lined baking sheet. Freeze until firm, at least 1 hour. Store in the freezer and eat frozen.

Makes 24 clouds

NOTE: You can store these in the refrigerator and they will hold their shape quite well as long as they are very cold.



## EASY COFFEE ICE CREAM

1/2 cup brewed coffee, cooled  
1 cup heavy cream  
Sweetener equal to 3/4 cup sugar  
1/2 teaspoon vanilla

Mix all of the ingredients in a 2-cup glass measuring cup. Pour into an ice cube tray and freeze at least 4 hours. Once the cubes are frozen solid, take them out of the tray and store them in the freezer in an airtight container until 1 hour before serving time.

Place the frozen ice cream cubes in a food processor with chopping blade inserted and let them stand at room temperature 1 hour or 30 minutes if it's a very warm day. Start checking the cubes after 30 minutes. You can tell if the cubes are ready if you can easily break them up with a fork but there is no liquid in the bottom of the processor. Process until the ice cream is smooth and creamy, scraping down the sides of processor as needed. If the processor is acting a bit sluggish, add a teaspoon or so of water to help it get moving.

Serve at once and do not refreeze for more than a few minutes before serving.

Makes 2-3 servings



## GINGERSNAPS

3 ounces almond flour (3/4 cup)  
1/4 teaspoon cinnamon  
1/8 teaspoon ginger  
1/8 teaspoon cloves  
Pinch nutmeg  
Pinch allspice  
1/8 teaspoon salt  
1 egg white  
Sweetener equal to 4 teaspoons sugar  
1/4 teaspoon blackstrap molasses  
1/8 teaspoon vanilla



In a small bowl, blend the spices and salt with the almond flour. Stir in the remaining ingredients until well blended and a sticky dough forms.

Drop the dough by teaspoons in 24 tiny piles on parchment-lined 12x17" baking sheet. Very lightly and gently pick up each piece of dough and roll into a ball; put back on the baking sheet making sure to space them evenly 6 across and 4 down. Cover the balls with plastic wrap and use a baking powder can that has about an 1/8" rim around the bottom to press down firmly over each ball of dough. Be sure to press all the way down to the baking sheet. Peel off the plastic wrap and repeat until all the cookies have been shaped. Prick them with a fork.

Bake at 325° for 15-20 minutes or until golden brown. Remove from the pan and cool on a rack.

Makes 24 cookies

## ITALIAN RICOTTA CAKE

4 eggs, separated  
Sweetener equal to 1 cup sugar  
15 ounces whole milk ricotta cheese  
1/2 cup butter, softened  
1 teaspoon xanthan gum  
1 teaspoon vanilla  
1/2 teaspoon orange extract  
Zest from 1 large orange  
40 grams sugar free chocolate, coarsely chopped

Grease a 9-inch cake pan and line the bottom with a circle of parchment paper; grease the paper.

In a medium bowl, beat the egg whites until foamy. Add 1/2 cup of the sweetener and beat until stiff peaks form; set aside. In a large bowl, beat the ricotta, butter, egg yolks, remaining 1/2 cup sweetener, xanthan gum, vanilla, orange extract and orange zest until well blended and fluffy. Stir in the chopped chocolate. Fold in the egg whites.

Spread the batter in the cake pan and bake at 375° 30 minutes until the cake is golden brown and firm to the touch. The cake will puff up quite high while baking and will sink down as it cools. Cool the cake before removing it from the pan and chill well before serving.

Makes 8 servings



## IT'S-A-SNAP CHEESECAKE

1 packet unflavored gelatin  
1 cup cold water  
16 ounces cream cheese, softened  
Sweetener equal to 1/2 cup sugar  
1 teaspoon vanilla

Put the water in a small microwave-safe bowl; sprinkle the gelatin over the surface and let stand 5 minutes to soften. Microwave on HIGH about 1 minute or just until the water comes to a boil. Stir until the gelatin is completely dissolved; set aside.

In another bowl, beat the cream cheese, sweetener and vanilla until creamy. Gradually beat in the gelatin. Pour into a greased 9-inch pie plate. Chill 3-4 hours or until set. Serve with pureed fruit, if desired.

Makes 8 servings



## LEMON BUTTER COOKIES

1/2 cup butter, softened  
Sweetener equal to 1/3 cup sugar  
1 teaspoon lemon extract  
1 teaspoon vanilla  
1 teaspoon zest from 1 small lemon  
1 egg  
1 cup almond flour (4 ounces)  
1/3 cup vanilla whey protein powder  
1 teaspoon baking powder

Put everything in a medium bowl and beat with an electric mixer until creamy. This will only take about a minute.

Using a 2 teaspoon cookie scoop, scoop 24 balls of the dough onto a silicone or parchment-lined baking sheet. Place them 6 balls across and 4 balls down on the sheet. Cover the dough balls with a sheet of wax paper. Very gently press them down with the bottom of a glass or small bowl to about 1/4-inch thick. Carefully remove the wax paper (the dough might stick to it a bit) and bake them at 350° about 8-12 minutes or until golden brown. Cool on a wire rack.

Makes 24 cookies



## LEMON DREAM CHEESECAKE

Cheesecake:

1 packet unflavored gelatin

1 cup cold water

16 ounces cream cheese, softened

Sweetener equal to 1/2 cup sugar

1 teaspoon vanilla

Lemon Curd (*see recipe on the next page*)

Put the water in a small microwave-safe bowl; sprinkle the gelatin over the surface and let stand 5 minutes to soften. Microwave on HIGH about 1 minute or just until the water comes to a simmer. Stir until the gelatin is completely dissolved; set aside.

In another bowl, beat the cream cheese, sweetener and vanilla until creamy. Gradually beat in the gelatin. Pour into a greased 9-inch pie plate. Chill 3-4 hours or until set. Spread the chilled lemon curd over the completely set cheesecake. Serve with whipped cream, if desired.

Makes 8 servings





## LEMON CURD

Sweetener equal to 1-2 cups sugar

3 eggs

1 cup fresh lemon juice (from 8-9 small lemons)

2 tablespoons lemon zest (from 2 lemons)

1/2 cup cold unsalted butter, cut in 1/2" cubes

In a microwave-safe bowl, whisk the sweetener and eggs. Whisk in the lemon juice and zest. Add the butter and stir just to coat. Microwave on HIGH in 1 minute intervals, whisking after each minute. Do this until the mixture is thick enough to coat the back of spoon. This will take about 3 minutes. Cool, then chill.



## LOW CARB POKE CAKE

### Cake:

3/4 cup butter, softened

6 ounces cream cheese, softened

Sweetener equal 1 cup sugar

7 eggs

1 1/2 teaspoons vanilla

1 1/2 cups almond flour (160 grams)

2 1/2 ounces unsweetened coconut, ground fine (3/4 cup ground) \*

1 1/2 teaspoons baking powder

### Gelatin:

1 package sugar free strawberry gelatin (or any flavor)

1 cup boiling water

1 cup ice water

In a large bowl, cream the butter, cream cheese and sweetener with an electric mixer. Add the eggs, one or two at a time; blend in the vanilla. The batter will look curdled. Mix the almond flour, coconut flour and baking powder; add to the egg mixture a little at a time. Beat about 1 minute until fluffy.

Spread the batter in a greased 9x13" glass cake pan. Bake at 350° for 30 minutes. I suggest checking the cake after 25 minutes. The cake will be golden brown and firm to the touch when done. Cool the cake on a wire rack. (*continued on the next page...*)



While the cake is cooling, prepare the gelatin according to the package directions. Chill until the outside edges are just starting to set up but the center is still liquid. This will take a little over an hour. Poke the entire surface of the cake every 1/2 inch with a skewer. Slowly and evenly pour the liquid gelatin over the cake (see my tip below). Chill 2-3 hours. Frost with the Whipped Topping.

Makes 12 servings

\* Do not use coconut flour in this recipe. It won't work because it will make the cake very dry.

**TIP:** After pouring the gelatin over the cake, I found that it kept pooling in the corners. To help distribute it more evenly through the center of the cake, I spent a few minutes with a rubber spatula, pushing the liquid back toward the center until most of it had been absorbed.

### **WHIPPED TOPPING**

1 1/4 cups heavy cream  
Sweetener equal to 4 teaspoons sugar  
2 teaspoons vanilla

Beat all of the ingredients until thick and fluffy.



## MAGIC PEANUT BUTTER PUDDING

1 tablespoon peanut butter  
Sweetener equal to 2 teaspoons sugar  
2 tablespoons heavy cream

Put everything in a little custard dish. Mix rapidly with a spoon until thick and fluffy. At first it will look like the ingredients will never blend together but they will eventually and you'll end up with a fluffy mousse-like pudding with a light peanut butter flavor. It will transform right before your eyes like magic!

Makes 1 serving



## MICROWAVE COBBLER

2 tablespoons sugar free jam  
1 tablespoon butter, softened  
Sweetener equal to 2 tablespoons sugar  
1 egg  
1/2 ounce almond flour (3 tablespoons)  
1/8 teaspoon vanilla  
Pinch salt

Spread the jam in the bottom of a 6-ounce custard dish. In a small bowl, mix the remaining ingredients with a fork until well blended. Spoon the batter over the jam. Microwave on HIGH 1 minute or until the cake is done. Let cool a few minutes and then invert onto a small plate. Sprinkle with a little granular or powdered sweetener, if you like. Serve warm.

Makes 1 serving



## MOCK RICE PUDDING

6 eggs  
2 cups heavy cream  
Sweetener equal to 1 1/2 cups sugar  
4 teaspoons vanilla  
1/2 teaspoon blackstrap molasses, optional  
1 teaspoon cinnamon  
16-24 ounces full fat cottage cheese

Whisk all of the ingredients except the cottage cheese in a large bowl until well blended. Stir in the cottage cheese. Pour into a greased 3-quart casserole or deep baking dish and bake at 350° for 60-75 minutes until top is nicely browned and a knife inserted into the center comes out clean. The pudding puffs up quite high as it bakes and then settles as it cools. Serve warm or cold.

Makes 6-8 servings



## ORANGE CHOCOLATE MOUSSE

3 1/2 ounces sugar free chocolate, chopped  
2 tablespoons butter  
1/2 teaspoon orange extract  
4 eggs, separated  
Pinch salt  
Sweetener equal to 2 teaspoons sugar

Place the chocolate and butter in a microwave-safe bowl; microwave on MEDIUM about 2-3 minutes or until melted, stirring after half the time. Stir in the extract. Add the egg yolks to the chocolate and stir vigorously with a wooden spoon until blended; cool to room temperature.

In a separate bowl, add a pinch of salt and the sweetener to the egg whites. Beat until peaks stiff form. Fold 1-2 spoonfuls of the egg whites into the chocolate mixture to lighten, then gently fold in the remaining egg whites. Pour into ramekins and chill at least 3 hours before serving.

Makes 4 servings



## ORANGE CHOCOLATE POTS DE CRÈME

4 ounces sugar free chocolate, chopped  
3/4 cup heavy cream  
Sweetener equal to 1/4 cup sugar  
Pinch salt, optional  
2 egg yolks, slightly beaten  
1/2 teaspoon orange extract

Heat the chocolate, cream, sweetener and salt over medium heat, stirring constantly, until the chocolate is melted and the mixture is smooth. Or, place the chocolate, cream, Splenda and salt in a microwave-safe bowl and microwave on MEDIUM about 2 1/2 minutes, stirring after half the time. Cook until the chocolate is completely melted and whisk until smooth. Gradually beat the chocolate mixture into the egg yolks. Stir in the orange extract. Pour into small dessert dishes. Chill well before serving, at least 4 hours.

Makes 4 servings





## ORANGE POKE CAKE

### Cake:

1/2 cup butter, softened  
8 ounces cream cheese, softened  
Sweetener equal to 1 cup sugar  
1 1/2 teaspoons vanilla  
1/2 teaspoon orange extract  
1 tablespoon orange zest (from 1 large orange)  
6 ounces almond flour (about 1 1/2 cups)  
2 1/2 ounces unsweetened coconut, finely ground (about 3/4 cup ground) \*  
1 1/2 teaspoons baking powder  
1/4 teaspoon xanthan gum, optional  
7 eggs

### Gelatin:

1 package sugar free gelatin, orange flavor  
1/2 cup boiling water  
1/2 cup orange juice (from 1 large orange)  
1 cup ice cold water

### Cloud Frosting:

8 ounces cream cheese, softened  
1/2 cup unsalted butter, softened  
Sweetener equal to 1/2 cup sugar  
1 teaspoon vanilla  
2 tablespoons heavy cream

For the cake, cream the butter, cream cheese, sweetener, vanilla and orange extract in a large bowl with an electric mixer. Add all of the remaining cake ingredients except for the eggs. Beat until well combined. Add the eggs, two or three at a time, and beat until the batter is fluffy. Spread in a greased 9x13" baking pan.

Bake at 350° for 25-30 minutes. The cake will be golden brown and firm to the touch when done. Cool the cake on a wire rack.

While the cake is cooling, prepare the gelatin according to the package directions but replace 1/2 cup of the water with the orange juice. Bring the orange juice to a boil along with the 1/2 cup water. Chill until the outside edges are just starting to set up but the center is still liquid. This will take 15 minutes to an hour.

Poke the entire surface of the cake every 1/2 inch with a skewer or a chopstick. Slowly and evenly pour and spread the semi-liquid gelatin over the cake. Chill 2-3 hours. Frost with the Cloud Frosting. Keep refrigerated.

Beat all of the frosting ingredients in a medium bowl with an electric mixer until fluffy. Spread over the chilled cake.

Makes 12 servings

\* Do not use commercial coconut flour in this recipe. It won't work because it will make the cake very dry. I grind the coconut in a coffee grinder.

